



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave, Winnipeg, MB R3B 2Z6 - 204-925-5744 - Fax 204-925-5792

Athletics Manitoba Indoor Last Chance Meet

December 8th and 9th 2023

James Daly Fieldhouse, Max Bell Centre, U of Manitoba

Final Schedule

60m will be run slowest to fastest

***All remaining Track Events will be run Fastest to Slowest ***

****4 Attempts for U12/U14 Field Events****

<u>Friday Dec 8th - TRACK</u>			<u>Entries</u>	<u>Heats</u>
6:00 PM	60m	Men (All Ages) & Heptathlon Men	60	8
6:30 PM	60m	Women (All Ages)	56	7
7:00 PM	1200m	U14 & U16 Men	6	1
7:10 PM	1200m	U14 & U16 Women	5+5	1
7:20 PM	400m	U18 & up Men	18	3
7:35 PM	400m	U18 & up Women	4	1
7:45 PM	300m	U14 & U16 Men	9	2
7:50 PM	300m	U14 & U16 Women	7+7	3
8:00 PM	1500m	U18 & up Men	21	3
8:20 PM	1500m	U18 & up Women	7	1

<u>Friday Dec 8th - FIELD</u>			<u>Entries</u>	<u>Flights</u>
6:00 PM	Shot Put	U12 & up Women	8	1
6:30 PM	Long Jump	U12/U14 Men (outside pit)	6+2	1
6:30 PM	Long Jump	Heptathlon Men (inside pit)	1	1
7:00 PM	Triple Jump	U16 & up Men (inside pit)	6	1
7:00 PM	Shot Put	Heptathlon Men	1	1
7:30 PM	Shot Put	U12/U14/U16 Men	6	1
7:30 PM	Long Jump	U12/U14 Women (outside pit)	8+6	1
8:00 PM	Triple Jump	U16 & up Women (inside pit)	10	1
8:15 PM	High Jump	Heptathlon Men	1	1
8:30 PM	Shot Put	U20 & up Men	11	1



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***All Saturday Track Events will be run Fastest to Slowest ***

****4 Attempts for U12/U14 Field Events****

<u>Saturday Dec 9th - TRACK</u>			<u>Entries</u>	<u>Heats</u>
10:00 AM	60m Hurdles	Senior & Heptathlon Men	4+1	1
10:05 AM	60m Hurdles	U20 & up & Pentathlon Women	5+5	2
10:15 AM	60m Hurdles	U14/U16/U18 Men	6	1
10:20 AM	60m Hurdles	U14/U16 Women	4	1
10:30 AM	2000m	U16 Men	3	1
10:40 AM	2000m	U16 Women	3	1
10:50 AM	3000m	U18 & up Men	8	1
11:05 AM	3000m	U18 & up Women	4	1
11:20 AM	800m	U14 & up Men	28	3
11:35 AM	800m	U14 & up Women	15	2
11:45 AM	150m	U12/U14 Men	3	1
11:47 AM	150m	U12/U14 Women	9	2
11:50 AM	150m	Master Men & Women	2+1	1
12:40 PM	200m	U16 & up Men	35	6
1:05 PM	200m	U16 & up Women	37	7
1:35 PM	1000m	Heptathlon Men	1	1
1:45 PM	600m	Men (All Ages)	18	3
1:55 PM	600m	Women (All Ages)	24	4
2:10 PM	4x200m Relay	U14 & up Men	4	1
2:15 PM	4x200m Relay	U14 & up Women	1	1
2:20 PM	4x100m Relay	U12 & up Men	2	1
2:30 PM	4x100m Relay	U12 & up Women	3	1
2:35 PM	800m	Pentathlon Women	5	1



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Saturday Dec 9th - FIELD

			<u>Entries</u>	<u>Flights</u>
10:00 AM	Stdg Long Jump	U12/U14 Men & Women (outside pit)	2+5	1
10:00 AM	Long Jump	U16 Men (inside pit)	11	1
11:00 AM	Pole Vault	Heptathlon & U16 & up Men & Women	1+2+4	1
11:00 AM	High Jump	U20 & up & Pentathlon Women	3+5	1
11:15 AM	Long Jump	U16 & U18 Women (inside pit)	12	1
12:30 PM	Shot Put	Pentathlon Women	5	1
12:45 PM	High Jump	U12/U14/U18 Women	7	1
12:45 PM	Long Jump	U18 & up Men (inside pit)	10	1
1:30 PM	Weight Throw	U16 & Up Women & Men	6+6	1
1:45 PM	Long Jump	Pentathlon Women (inside pit)	5	1
1:45 PM	High Jump	Men (all ages)	6	1
2:30 PM	Long Jump	U20 & up Women (inside pit)	8	1